

Brewster Pierce Breakfast Bars

Makes: 50 servings

50 Servings

Ingredients	Weight	Measure
Butter, salted		1/3 cup
Vegetable oil		1/2 cup
Blackstrap molasses		1/4 cup
Honey		1/2 cup
Sugar		1 1/2 cups
Eggs, whole fresh		7 eggs
Applesauce, canned, unsweetened		4 cups
Carrots, raw, grated		2 cups
Whole wheat pastry flour		7 cups
Baking soda		1 tsp
Cinnamon, ground		2 tsp
Ginger, ground		2 tsp
Sesame seeds, unhulled		1 1/3 cups
Sunflower seeds, dry roasted		1 cup
Oats, rolled		3 cups



Directions

1. Cream softened butter with oil, sugar, honey and molasses.
2. Add eggs, two at a time, mixing after each addition.
3. Mix in grated carrots. Mix in apple sauce.
4. Mix together all dry ingredients: whole wheat pastry flour, baking soda, spices.
5. Add these to butter mixture and stir well.
6. Add seeds and oats, mix well.
7. Spread into two, oiled, half sheet pans (12"X17"), bake at 350 degrees 20-25 minutes or until knife comes out clean. Cut each pan into 25 rectangles.